

# Stewart/Hunter Lifestyle

## Fitness Center shapes up for Soldiers

**Sarah McCleary**  
*Savannah District Corps of Engineers*

Soldiers, government civilians, and family members alike are really shaping up at a new Physical Fitness Center at Hunter Army Airfield, built and designed by the U.S. Army Corps of Engineers, Savannah District. Since the \$15 million dollar facility officially opened its doors on Feb. 28, the parking lot has been nearly full on a daily basis according to Thuan Swindler, Savannah District project engineer.

“This fitness center has such a variety of facilities and exercise equipment, it draws people in,” said Swindler. “I’m proud to say I’ve taken up exercising again.”

The 70,000 square foot complex boasts three basketball courts, two volleyball courts, separate cardio, weight, nautilus, and aerobic rooms, as well as, three racquetball courts, a rock climbing wall, saunas, and an indoor swimming pool.

Sgt. 1st Class Tyanne Adams feels the new physical fitness center makes it easier for her to meet Army standards.

“The Army has high expectations for staying in shape, it was hard to meet those expectations at the old gym when half of the equipment was dated or broken,” she said.

The Corps of Engineers contract with Hunter also covers maintenance and operation

administration over the next five years. “The maintenance program is the second of its kind in a pilot program for Military Construction in Savannah District,” said Swindler.

“One of the great features of the physical fitness center is the indoor pool,” said Swindler. “It is specifically designed for training Soldiers in drown-proofing exercises.”

The pool can accept up to 150 Soldiers simultaneously jumping into the pool in full gear. The pool also has an advanced filtration system designed to remove any debris resulting from these training exercises, explained Swindler.

Soldiers stationed at Hunter aren’t the only ones who benefit from the physical fitness center. Family members and government civilians are also welcome to use the facility. Short-term childcare is also available making the physical fitness center mom-friendly as well, according to Swindler.

Talia Upchurch, wife of an active duty Soldier, goes four times a week and spends most of her time in the weight and cardio rooms. “This is the kind of gym that makes you want to come back. It’s a thousand times better than the old one. It has a variety of equipment and the staff is really friendly,” she said.

According to Swindler, the Directorate of Public Works at Hunter plans to demolish the old gym.



Photos by Jonas Jordan

**Above:** Talia Upchurch, wife of an active duty Soldier, goes to the gym four times a week and spends most of her time in the weight room and with cardio equipment.

**Right:** Sgt. 1st Class Tyanne Adams works out at the New Hunter Fitness Center.



## Relay for life, carrying a light of hope in fellowship

**Bruce G. Muncher**  
*Directorate of Information Management*

What brings people together? Is it friendship? Family? Compassion? Love? Support for a common goal? Or is it a little of all of these things?

On April 20 and 21, the local community will come together for the annual American Cancer Society Relay for Life walk.

The walk will take place at Frank Long Elementary School from 7 p.m. to 7 a.m. with the theme this year being ‘Team Up Against Cancer.’

Community members from all backgrounds can come together to support. They are either survivors of cancer, showing the world there is hope and survival, family or caregivers of persons enduring and coping with the fears and consequences of medical treatments, or they are friends and co-workers banding together to show support, love and compassion. They coexist together, walking through the night, talking, laughing and crying.

The music blares in the background and the faint glow of candlelit luminaries, each bearing the name of someone who has endured the consequences of treatments or has passed but not forgotten, encircles the walk area. There are silent auctions.

There are costumes. There are contests, and there is camaraderie.

One group of friends who has banded together for years to participate and show support is the Fort Stewart “battlefighters”. This team is made up of current and some retired Fort Stewart government employees. Some team members are survivors who will walk the first relay lap applauded by all in attendance for their strength and courage.

The rest are friends who bond together and try to help reinforce that strength and courage. The common goal is to raise awareness of cancer and much needed dollars for cancer research and programs.

Other teams which are made up of government civilians, Soldiers and spouses are the Enlisted Spouse Club, American Society of Military Comptrollers and the Stewart and Hunter Better Opportunity for Single Soldiers program.

You can support these and other teams, view their team pages, donate dollars online and get involved by going to the Liberty County Relay for Life web link at [www.acsevents.org/libertycounty](http://www.acsevents.org/libertycounty). Cancer has no age, gender or ethnicity, but if you come out and join the Relay for Life, you will see the face of cancer and come away with a new friend or two.



Sharon Bass

**Community members from Fort Stewart and surrounding areas will band together April 20 and 21 to help fight cancer at this years Relay for life.**



**Easter Sunrise Service**  
**7 a.m. April 8**  
**Fort Stewart: Cottrell Field**  
**Hunter Army Airfield: Chapel**  
**Open to all military and non-military**  
**Open to all denominations**  
**For more information, call 767-5707**

### April is Sexual Assault Awareness Month

Upcoming activities include:

April 2	7 a.m.	Blue and Teal Ribbon Campaign	Various Gates
April 3	11 a.m.	Information Display	PX
	8 p.m.	Bowling for children 12 and under	Marne Lanes
April 4	1:15 p.m.	Bullying Class	CYS - HAAF
	2:30 p.m.	Bowling for children 12 and under	Hunter Lanes
April 5	12:45 p.m.	Bullying Class	SAS - HAAF
	2 p.m.	Bowling for children 12 and under	Hunter Lanes
April 10	11 a.m.	Information Display	Marne Club
	3 p.m.	Bowling for children 12 and under	Marne Lanes
April 13	6 p.m.	“Take Back The Night” “Jeans for Justice”, and “The Clothesline Project”	Forsyth Park Savannah
April 16-18	8:45 a.m.	Good Touch/Bad Touch	CDC - HAAF
April 17	11 a.m.	“Clothesline Project” and Information Display	Commissary
April 19	6 p.m.	“Strike Out Abuse” Bowling for Teens	Marne Lanes
April 23	11 a.m.	Information Display	Education Center
April 24	6 p.m.	“Take Back the Night”	TBD
April 27	9 p.m.	“Strike Out Abuse” Bowling for Teens	Hunter Lanes



## Pets of the Week



Hannah the kitten and Buckley the puppy are some of the many homeless pets at the Fort Stewart animal shelter. The shelter has pets of all kinds, sizes, and breeds in their care. If you are interested in adopting, call the Fort Stewart Veterinary Clinic at 767-2842.



## MWR Briefs

### Take advantage of discounts at Marne Lanes

Enjoy an evening out with the family. Buy one large pizza of your choice and receive four free games of bowling between 4-10 p.m. Saturday. Call 767-4866 for more information.

### Enjoy Easter brunch at Club Stewart, Hunter

Both clubs will feature brunch 10:30 a.m. - 1:30 p.m. April 8. Cost is \$12.95 for adults, children ages 5-10 half price & children 5 & under eat FREE. Bring in a group of 20 or more or a church bulletin and receive \$1 off.

Get your child's photo taken with the Easter Bunny. Menu features a variety of breakfast items and luncheon family favorites along with our omelet station, salad bar, assorted breads and desserts.

Call, Hunter at 353-7923 or Stewart at 368-2212 for more

information.

### Easter egg hunt slated for youth

Hop on over for a day of fun with the Easter Bunny, 10 a.m. - 2 p.m., Saturday at the Youth Sports Complex (behind School Age Services). The fun is open to children one to 11 years old. There will be children activities such as inflatable, a professional photographer and more. Bring a picnic and make a day of it. Family readiness groups may reserve a picnic spot. Call 767-4491 for more information.

### Stop and smell the flowers

Welcome spring time with fresh flowers and a stress-free life! Come plant your own flower and take advantage of some information on how to alleviate stress in your family, 4-5 p.m., Friday at Southern Oaks Community Center.



## A A F E S P R E S E N T S

TODAY THROUGH APRIL 4



### Hannibal Rising

**Today — 7 p.m.**

(Gong Li, Gaspard Ulliel)

In Eastern Europe at the end of World War II, a young Hannibal watches as his parents violently die. He is forced to live in a Soviet orphanage. He flees to Paris to find his uncle has died but his uncle's Japanese widow, Lady Murasaki welcomes him. Even her kindness cannot soothe the sorrows that plague him. He is accepted into medical school, which provides the tools to justice on the war criminals that haunt him day and night. This quest will ignite an insatiable lust within a serial killer who was not born, but made. *Rated R (strong grisly violence, language, sexual references) 117 min*

### Norbit

**Friday, Saturday — 8:30 p.m.**

(Eddie Murphy, Thandie Newton)

Norbit has never had it easy. As a baby, he was abandoned on the steps of a Chinese restaurant/orphanage and raised by Mr. Wong. Things get worse when he's forced into marriage by the mean, junk food-chugging queen, Rasputia. Just when Norbit's hanging by his last thread, his childhood sweetheart, Kate, moves back to town. *Rated PG-13 (crude & sexual humor, nudity, language) 100 min*

### Bridge to Terabithia

**Friday, Saturday — 6 p.m.**

(Josh Hutcherson, AnnaSophia Robb)

Fifth grader Jesse Aaron's hopes of becoming the fastest runner in his class are dashed when new girl Leslie Burke out-

runs everybody, including him. However, Jess and Leslie soon begin a friendship, and discover a magical kingdom in the forest, where the two of them reign together as king and queen. *Rated PG (thematic elements including bullying, some peril and mild language) 96 min*

### Tyler Perry's Daddy's Little Girls

**April 1, 4 — 6, 7 p.m.**

(Gabrielle Union, Idris Elba)

A single father lives in a poor neighborhood and struggles to make ends meet as he raises his three young daughters on his own. But when the courts award custody of his daughters to his corrupt, drug-dealing ex-wife, Monty desperately tries to win them back. Monty meets Ivy-League-educated Julia and an unexpected romance blossoms-into true love. But in order for their relationship to survive, the couple must reconcile their two very different worlds--and overcome the forces that threaten to tear Monty's family apart. *Rated PG-13 (thematic material, drug/sexual content, violence, language) 95 min*



*Films are subject to availability. AAFES strives to show films according to the published schedule, but reserves the right to reschedule, cancel, or substitute showings as needed. For more information, call 767-3069.*

# HEALTH W•A•C•H

Winn Army Community Hospital

## New Disease Management Clinic opens at Winn

### Winn Public Affairs

Winn Army Community Hospital has a new clinic to provide care for patients challenged with chronic illnesses.

Winn's disease management program was implemented in April 2006 to meet the needs of this growing population (whose growth mirrors national trends) by redesigning healthcare delivery. The program is not just based on referrals. It currently uses a telephone outreach program to contact patients with diabetes and asthma, scheduling them with a disease management provider for an initial review of their disease process. By focusing on continued care rather than episodic care, a disease management team tracks baseline and ongoing care needs, schedules appointments, and coordinates follow-up based on disease severity and ongoing management needs.

"The patients are reacting in a positive manner," said Kevin Worth, head nurse of the clinic and diabetic educator. "They are pleasantly surprised when the DMC calls them at home to schedule an appointment and order their labs."

In January, the Disease Management Clinic went into full swing. Permanent staff was hired for the Disease Management

Team. This team consists of a registered nurse manager, nurse practitioner, clinical pharmacists, respiratory therapist and support staff under the supervision of a physician medical director. Currently located near the Internal Medicine Clinic, the initial goal is to reach the total adult diabetic and asthmatic populations. Acute illnesses will continue to be managed in the Family Practice or Internal Medicine Clinic by the patient's Primary Care Manager while this population's chronic illness related healthcare is co-managed by the disease management team and the Primary Care Manager.

"Outcome data confirm that a proactive, patient-focused program that coordinates care and supports patient self-management will result in improved patient wellness and satisfaction," said Patricia Mitchell, Outcomes Manager.

Mitchell believes the clinic has helped patients understand their chronic diseases and enabled them to take a leading role in their own wellness.

"Being a part of this clinic is extremely satisfying knowing we are helping a population of patients at Winn that need lots of TLC," said Worth.

For more information about the Winn Disease Management Clinic, call 435-5630.

## BIRTH ANNOUNCEMENTS

Provided by Winn Army Community Hospital

### March 10

• **Samantha Wanjiku Kiarie**, a girl, 8 pounds, 2 ounces, born to Spc. Edward and Phoebe Kiarie.

### March 11

• **John Andrew Pope**, 6 pounds, 15 ounces, born to Maj. John and Rachel Pope.

### March 12

• **Brooklynn Elizabeth Grant**, a girl, 8 pounds, 7 ounces, born to Spc. Russell and Ashley Grant.

• **Auriannah Angela Thomas**, a girl, 7 pounds, 2 ounces, born to Staff Sgt. William and Rossolyn Thomas.

• **Blaise Dietrich Sawaya**, a boy, 8 pounds, 9 ounces, born to Staff Sgt. Joseph and Katherine Sawaya.

### March 13

• **Aurora-Alyssa Corinne Lujan**, a girl, 6 pounds, 11 ounces, born to Pfc. Carlos and

Jean Lujan.

• **Jenavieve Alexis McElwaney**, a girl, 6 pounds, 3 ounces, born to Corby McElwaney and Tamara Garrett (Dependant daughter of Sgt. 1st Class John Garrett).

### March 14

• **Jayden Lee Davis**, a boy, 8 pounds, 4 ounces, born to Spc. Joshua and Amy Davis.

• **Demarko Salvatore Marcucci**, a boy, 7 pounds, 5 ounces, born to Spc. Anthony and Mariah Marcucci.

• **Makaila Daytona Morgan**, a girl, 5 pounds, 10 ounces, born to Sgt. Robert and Dedra Morgan.

### March 15

• **Gianna Xara Gillison**, a girl, 6 pounds, 5 ounces, born to Sgt. Charles and Spc. Andrea Gillison.

### March 16

• **Autumn Elise Mclean**, a girl, 8 pounds,

## Winn Briefs

### Join Patient, Family-Centered Care

Interested in becoming a patient advisor? Help us help you by joining the Patient and Family Centered Care Advisory Council meeting at Winn Army Community Hospital or Tuttle Army Health Clinic. Winn's meeting is 11 a.m., April 2 at Club Stewart. Call Linda King at 435-6225 or e-mail [Linda.king2@se.amed.army.mil](mailto:Linda.king2@se.amed.army.mil). Tuttle's meeting is noon April 11 at the Hunter Club. Call Brandon Yarber at 315-5731 or email to [Brandon.yarber@se.amedd.army.mil](mailto:Brandon.yarber@se.amedd.army.mil).

### I'm pregnant. Now what?

Congratulations on your pregnancy. Prenatal care is available at both Winn Army Community Hospital at Fort Stewart and Tuttle Army Health Clinic, Hunter Army Airfield. Pregnancy tests are available. Active duty Soldiers need a documented pregnancy from the laboratory. Civilian spouses may confirm pregnancy with a home test or by a hospital urine test.

Please call 435-6633 to schedule a new OB nurse interview and an OB physical appointment at Winn or Tuttle.

### Book appointments online

Want an alternative to calling the appoint-

ment line? TRICARE online could be your answer. You can book your appointments online at the TRICARE online Web site, [www.tricareonline.com](http://www.tricareonline.com). This link is also available through the Winn Web site homepage, [www.winn.amedd.army.mil](http://www.winn.amedd.army.mil).

### Blood Drive

Winn Army Community Hospital will host a blood drive 10 a.m. to 2 p.m., April 3. ID is required to donate. For information or to schedule an appointment, call Spc. Gross at 435-6091.

### Help us help you

We need you, our customer, to take our Winn Survey. Please stop by the Patient Representative's Office on the first floor of the hospital, suite CH32, to take our five-minute computer survey about your visit at Winn on the day of your visit.

### Strategies for staying healthy

Do you have a family history of high blood pressure, heart disease or diabetes? If so, stop in for a health screening. The screenings take place 10 to 11 a.m. and 1 to 3 p.m. every Monday in building 308. The screenings are held on a walk-in basis. For more information, call 435-5071.

## VOLUNTEER SPOTLIGHT

GENEROSO SABALBORO JR.

**G**eneroso Sabalboro Jr., of Donsol, Sorsogon, Philippines, is a Red Cross volunteer working in the laboratory at Winn Army Community Hospital. Sabalboro volunteers because he is able to share his free time in the service of others and to also upgrade his skills. His interests and hobbies include fishing, reading and gardening. If you'd like more information about becoming an American Red Cross volunteer at Winn, call Brigitte Roberts at 435-6903.



born to Sgt. Brian and Robin Mclean.

### March 17

• **Alana J. Santos**, a girl, 6 pounds, 7 ounces, born to Sgt. Omy and Jessika Santos.

### March 18

• **Savannah Adriana Dansby**, a girl, 7 pounds, 7 ounces, born to Spc. James and Christina Dansby.

• **Chaz Jeremiah Robinson, Jr.**, a boy, 8 pounds, 9 ounces, born to Spc. Chaz and Cassandra Robinson.

### March 19

• **Emanuel Abraham Chavez**, a boy, 7 pounds, 4 ounces, born to Warrant Officer Albert Chavez and Staff Sgt. Amber Chavez.

• **Preston Lee Mathis**, a boy, 7 pounds, 9 ounces, born to Staff Sgt. Jereme and Charity Mathis.

• **Lucas Rex Moreno**, a boy, 8 pounds, 6 ounces, born to Capt. Jose and Amy Moreno.

### March 20

• **Evan Ray Baxter**, a boy, 7 pounds, 9 ounces, born to Sgt. John and Clara Baxter.

• **Alexis Rena Woodruff**, a girl, 7 pounds, 9 ounces, born to Sgt. Gary and Rhonda Woodruff.

### March 21

• **Riley Scott Barrere**, a boy, 7 pounds, 10 ounces, born to Sgt. Jeremy Barrere and Spc. Jennifer Barrere.



# Meaning of Holy Week: taking strength from His suffering, pain



Chaplain (Capt.) Stan Jasiurkowski  
87th CSSB

This year the Christian church will celebrate Palm Sunday on the first day of April. Palm Sunday marks the beginning of Holy Week in the liturgy and for some of us, a block leave before deployment. On Palm Sunday we celebrate our Lord's triumphant entrance into Jerusalem where he was welcomed by crowds worshiping him and laying down palm leaves before him. On this day, palms are blessed, in remembrance of that triumphal entrance of our Lord and kept in our homes as a sign of blessing.

Wherever we see palm trees and palm branches in the Bible, they represent joy, happiness, delight, and satisfaction. There are many examples, but perhaps the best is found in **Revelation, Chapter 7**, where the great multitude that surrounds the throne of God in the future is made up of people wearing white robes and holding palm branches, and they are full of great

joy. When Jesus arrived in Jerusalem on this particular day, His coming was part of God's plan for victory and triumph for all who will follow Him.

This day shows that Jesus fulfills the Old Testament prophecy. The Jews of the day would know the words of **Zechariah, Chapter 9**, concerning the Messiah: "*See, your king comes to you gentle and riding on a donkey, on a colt, the foal of a donkey.*" The Jews were also very familiar with **Psalms 118**, "*O Lord, Hosanna, Blessed is He who comes in the name of the Lord.*" Jesus was declaring that He is indeed the Messiah, the long-awaited King.

In a public way, Jesus was presenting Himself as the King of Israel. There was a huge crowd of people in Jerusalem to celebrate the Passover. Jesus is giving the people the opportunity to honor Him as King. Jesus is giving them the opportunity to publicly confess Him as Lord and King of their lives.

Through the events of Holy Week, we see later, though, that His people reject Him. Pontius Pilate will

ask these same people, "*What should I do with Jesus?*" They replied: "*Crucify Him.*" People rejected Him because His kingdom does not belong to this world.

If there is anything that Palm Sunday should remind us of, it is that we should identify our agony with the agony of Christ during Holy Week. A piece of palm has a definite meaning in our Christian way of living. This is the most holy week of the year for every Christian. The palm is a reminder to us of Christ's and our triumph over physical and emotional pain. It is a reminder of Christ's and our triumph over despair. It is a reminder to us of Jesus' victory over death. Palm Sunday and Holy Week teaches us that those who are in pain, anguish or suffering, are not suffering in vain, and definitely not suffering alone. They are suffering for and with Christ. This is very true for so many military families who have their loved ones far away on deployments. Let's celebrate this Holy Week united with Christ. He will give us courage and strength to face our life challenges and be victorious.

## Chapel Schedule

### Fort Stewart

Catholic	Location	Time
Sunday Mass	Heritage	9 a.m.
Saturday Mass	Heritage	5 p.m.
Protestant		
Contemporary Worship	Marne	11 a.m.
Gospel Worship	Victory	11 a.m.
Traditional Worship	Marne	9 a.m.
American Samoan	Vale	11 a.m.
Liturgical Worship	Heritage	11 a.m.
Kids' Church(K to 6th grade)	Across from Dia. Elem.	11 a.m.
PWOC (Tuesday)	Marne	9:30 a.m.
Islamic		
Friday Jum'ah	Marne	1:30 p.m.
Contact Staff Sgt. Aiken at 877-4053.		
Jewish		
Contact Sgt. 1st Class. Crowther at 332-2084.		
Friday	Marne	11:30 a.m.

### Hunter Army Airfield

Catholic	
Sunday Mass	Chapel 11 a.m.
Protestant	
Sunday Service	Chapel 9 a.m.

#### Religious Education Contacts

Stewart and Hunter, Director of RE, Mike Iliff, call 767-9789.  
Stewart Catholic RE coordinator, Beth Novak, call 767-6825.  
Hunter Catholic RE coordinator, Pamela Perez, call 315-5440.

## Fort Stewart, Hunter Army Airfield Special Holy Week

### Collective

April 8	Stewart Easter Sunrise Service	Cottrell Field	7 a.m.
	Hunter Easter Sunrise Service	Hunter Chapel	7 a.m.

### Catholic

April 1	Palm Sunday Mass	Hunter	11 a.m.
April 5	Holy Thursday Mass	Heritage	7 p.m.
	Penance Service/Holy Thursday Mass	Hunter	6 p.m./6:30
April 6	Good Friday Service	Heritage	7 p.m.
	Stations of the Cross/Good Friday	Hunter	6 and 6:30 p.m.
April 7	Easter Vigil Mass/RCIA Ceremony (No 5 p.m. Mass at Fort Stewart)	Heritage	7 p.m.
April 8	Easter Sunday Mass	Hunter	11 a.m.

### Protestant

April 1	Blessings of Palms	Heritage	11 a.m.
	Palm Sunday Service	Hunter	9 a.m.
April 5	Holy Thursday Service (Lutheran)	Marne	6 p.m.
	Maundy Thursday Communion	Marne	7 p.m.
April 6	Good Friday Service	Marne	Noon
April 7	Holy Saturday – Easter Vigil/dinner	Marne	5 p.m.
April 8	Easter Sunday Service	Hunter	9 a.m.



## Passover Observance

Fort Stewart and Hunter Army Airfield will hold a Jewish Passover Observance 11:30 a.m. to 1 p.m., March 30, at Marne Chapel. For more information, call 332-2084.





Savannah Cultural Events

SAVANNAH – Activities sponsored by the Savannah Department of Cultural Affairs include these ongoing events:

Every first Friday of the month

Folk Music by Savannah Folk Music Society, 7:30 p.m. Free at Wesley Monumental United Methodist Church.

The Arts at City Market Center, Upstairs, Jefferson and West St. Julian Streets, free 6:30- 8:30 p.m. Call (912) 232-7731.

Every first Saturday of the month

Adult and youth basic ballroom dance classes, by Moon River Dancers: 1-3 p.m. at W. Broad Street YMCA, 1110 May St. Admission is \$3 per person. Call 912-925-7416 or visit [www.savannahsabda.org](http://www.savannahsabda.org).

Every third Wednesday of the month

Open Mic Poetry Night - Signup at 7:45 p.m., Gallery Espresso, 6 East Liberty St. Call 912-233-5348.

Saturdays and Sundays

Flannery O'Connor Childhood Home Foundation tours 1-5 p.m. every Saturday and 1-4 p.m. Sunday.

Located at 207 E. Charlton St. on Lafayette Square. Born in Savannah in 1925, writer, Mary Flannery O'Connor, lived in a Charlton Street house until 1938. Today, it is maintained partly as a memorial to her and partly as a literary center for Savannah. Literary activities are held at various times now through May, free. Call 912-233-6014.

Every Sunday

Oldie Goldies Sunday at the American Legion Post 500, 1716 Montgomery St., 4-8 p.m. Call 912-925-7116.

The Reel Savannah Film Group presentations, 7 p.m., Sunday evenings at the Lucas Theatre. Tickets, which are \$6, are available an hour before showtime.

Visit Armstrong Arboretum

SAVANNAH — Armstrong Atlantic State University has an arboretum, which encompasses the 250 acre campus and displays more than 100 species of trees and 200 species of shrubs and other woody plants.

The Fern Collection, featuring 23 varieties

of native and non-native ferns, is on the west side of Jenkins Hall. The recently completed Ginger Collection focuses on seven groups of ginger plants and is at the south end of Hawes Hall. For more information or to schedule an educational tour, call AASU's plant operations at 912-921-5472.

Free dance lessons offered

Free ballroom dancing lessons are being offered at Club Stewart 7 to 9 p.m., the first Wednesday of every month by the Moon River Dancers Association in Savannah. It is for soldiers and their families. Couples and singles welcome. No registration required, just show up and learn. Call 767-8609, for information. Also, if you're into ballroom dancing and don't mind the drive, the Seaside Dance Association in St. Simons Island has dances every Tuesday and Thursday through the summer at Blanche's Courtyard starting at 7 p.m.

The association also hosts a dance on the last Sunday of each month at the Jekyll Island Club Hotel, in the grand dining room. Instruction starts at 5:15 p.m. and seating for the dinner and dance starts at 6 p.m.

For more information, call (912) 634-9527 or e-mail, [SeasideDance@bellsouth.net](mailto:SeasideDance@bellsouth.net).

More Savannah events

SAVANNAH – Valerie Boyd, biographer and the author of *Wrapped in Rainbows: The Life of Zora Neale Hurston*, will present a lecture at the Armstrong Center, 13040 Abercorn Street in Savannah at 7 p.m., April 9. A book signing will follow. Closing Celebration, 2-4 p.m., April 14, Daffin Park. Book clubs come together for book discussions. Participants are invited to return copies of the book. All copies of the book returned will be sent to our deployed troops. All events are free and open to the public. For the most up-to-date information on events, go to [www.savannahga.gov/arts](http://www.savannahga.gov/arts), 912-961-3173.

Soldiers invited to Legends' play

SAVANNAH - The greatest legends on the

Champions Tour will play golf in the 2007 Liberty Mutual Legends of Golf on the Westin Savannah Harbor Golf Resort and Spa Course April 20-22. Just a few of the players are Chi Chi Rodriguez, Tom Kite, Tom Watson and Fuzzy Zoeller.

The Savannah Chamber of Commerce's corporate members have purchased blocks of tickets that will allow service members and their families (active duty only) to attend the 2007 Liberty Mutual Legends of Golf Tournament free of charge. Additionally, the Savannah USO will again establish a USO canteen adjacent to the entrance that will provide free food and beverages to active duty service members and their families.

VA seeks Soldier input for webpage

VA taskforce web page asks for service members' input to its newly created web page through which service members may comment directly about their experience in accessing federal services. Go to [www.gcn.com/online/vol1\\_no1/43295-1.html](http://www.gcn.com/online/vol1_no1/43295-1.html)

Traveling Wall comes to Savannah

SAVANNAH – The traveling version of the Vietnam Veteran's Memorial will make its way to the Coastal Empire. Half the size of the original structure located in Washington, DC, "The Wall That Heals" is etched with the more than 58,000 names of those who died in the war.

Opening ceremonies are scheduled June 14 at Emmet Park in Savannah and events will wrap up the following Sunday, June 17. Leisure Services City of Savannah is sponsoring the event and it will be hosted by the Vietnam Veteran's of America Chapter 671. Call 912-927-3356 or visit [www.vvmf.org](http://www.vvmf.org) for more information.

Steak Night at VFW

HINESVILLE- VFW Post 6602, 931 Hwy. 196 West has steak night every Wednesday from 6-8 p.m. Full dinner is \$14 and includes salad, roll, vegetable and tea. Call 876-6602

for more information.

GSU Celebrates 100 with public

Georgia Southern University in Statesboro will hold its Campus/Community Centennial Celebration 5 to 8 p.m., Friday on Sweetheart Circle. Parking for this event is available at the J.I. Clements Baseball Stadium; Hanner Fieldhouse and the College of Education lots. Southern Express, the University's transit system, will run a shuttle from the College of Education lot to Sweetheart Circle throughout the evening. In addition to free food and drinks, Centennial cake, popcorn, cotton candy, and balloons, the event includes GUS and the cheerleaders, Snow, Classic cars, Live entertainment, Fireworks (at 8 p.m.), and lots more! For information call 912-681-5253.

Armstrong Atlantic State presents Friday – International Night in the Garden

Enjoy an evening of music by Anthem. Also, sample international cuisine during International Night in the Garden. The program will start at 7 p.m. in the International Garden, located between Hawes and Solms halls. The event is free and open to the public. For more information, call the Office of International Education at 912-.921-5671 or e-mail [loguelau@mail.armstrong.edu](mailto:loguelau@mail.armstrong.edu).

Twelve Plays: two Days

The Armstrong Atlantic State University Department of Art, Music & Theatre is proud to present the **2007 AASU High School One-Act Play Festival**. The 9th Annual festival runs throughout Friday and Saturday in AASU's Fine Arts Hall Auditorium. The Festival is a free event and open to the general public. Performances will include *Agnes of God*, *Check Please*, *Eden*, *Emotional Baggage*, *Freedom is My Middle Name*, *Impromptu*, *The Insanity of Mary Girard*, *The Katrina Project: Hell and High Water*, *The Ransom of Red Chief*, *The Romancers*, and *Voices from High School*. Call the AASU Box Office at 912-927-5381 from 11 p.m. to 3 p.m. weekdays for more information about this festival and other AASU AMT events.

Help celebrate Earth Day in the Park, April 21

Special to the Frontline

Mark your calendars for running, recycling and educational family fun, Saturday, April 21.

Family Fun Run!

Join the Chatham County 4-H Earth Day Family Fun Run at 10 a.m. on the east side of Forsyth Park. Enjoy some fresh air and healthy exercise with this 5K run/walk event before the festival begins. To register, which begins at 9:30 a.m., call 652-7981.

Recycling Anyone?

Start the day by contributing to the reduction of landfill use and protecting our groundwater. Bring those hard-to-recycle items to the annual Recycle-Rama. The event is sponsored by the Local Emergency Planning Committee and Chatham County. This convenient one-day, stay

in your car-recycle center, will be 8 a.m.-11 a.m., at the south end of Forsyth Park. You can enter Park Ave. from Drayton Street. Get rid of old paint, motor oil, tires, batteries, cell phones, printer cartridges, aluminum, metals, plastics, newsprint, magazines and used eyeglasses. Goodwill will also be on hand to take donations of clothes, furniture and old computers.

Festival Time!

After dropping off your recyclables, head over to the park, from 11 a.m. to 3 p.m. for excitement, fun and informative events at the annual City of Savannah Earth Day Festival in the Park.

See the nationally renowned performer Jack Golden in "Water, Water Everywhere" and the Disc-Associated Frisbee Dogs sponsored by Metropolitan Planning Commision. Numerous organizations and businesses will offer interactive, family friendly exhibits on how we can live

more sustainably in our community.

Georgia Organics: Coastal Growers Association Farmer's Market

Learn about the importance of organic, local produce from these local growers and shop their fresh goods.

Free vision screenings hosted by the Georgia Lighthouse Foundation. Bring your old glasses and hearing aids to be recycled for others, and get your vision tested for free by their trained staff.

Make Your Own Rain Barrel Workshop: Save water and money this summer! Sign up for these MPC sponsored sessions presented by Kelly Lockamy, landscape artist and owner of Organically Yours, on how to transform a 32-gallon trash can into a harvester of rain water. All registered participants will receive a free fixture kit and step by step guide. Sign up the day of the event or pre-register by calling 651-1456.



Arts, entertainment, women in the media

Commentary

by Sasha McBrayer  
Fort Stewart Museum



"I can't respond to the accusations because it's not ok for them to be made," is the response of Joan Allen's character Laine Hanson in the gripping political drama "The Contender" when she is confronted with unsavory allegations during her nomination for the spot of Vice President. In fact, the somewhat underappreciated, but golden globe nominated film traces the President's trial in replacing his deceased vice president with the first woman in history. As her morality is ruthlessly attacked'

Hanson shows remarkable poise and resolve. A great film to rent during Women's History Month, "The Contender" made Ebert and Roeper's best films list for 2000. Joan Allen's ("Face/Off", "The Upside of Anger") isn't the only outstanding performance of the film. Jeff Bridges plays the type of president whose appeal could bridge party lines and is joined by Christian Slater and Gary Oldman in noteworthy roles. Even the minor character of investigating special agent brought to life by Kathryn Morris ("Minority Report", "Mindhunters") is quite strong. "The Contender" is an A+ kind of film.

Speaking of the petite powerhouse, after a long run of minor film roles, Kathryn Morris finally found small screen success via the hour long television drama, "Cold Case". You can catch the show Sunday evenings at 9 p.m. on CBS. "Cold Case" follows a

Philadelphia based police squad, which specializes in solving previously unsolved crimes.

For a long while, Morris' character Lilly Rush was the only female on the team. I kind of enjoyed this angle, however season three welcomes Tracie Thoms ("Rent") to the cast to share in Rush's limelight as another pretty, but flinty cop. The show features flashbacks to the times the crimes were actually committed, requiring many roles to be double-casted so that one actor plays the younger version of a character and another plays the older. My favorite aspect of the crime drama is the soundtrack. No effort is spared in digging up tunes from the time period when the crime took place. At the end of each show there is a long sequence usually put to music where the story is resolved, and I usually find myself singing along.

I was absolutely singing along by the end of "Music and Lyrics", the 2007 romantic comedy starring Hugh Grant and Drew Barrymore, which is in theatres now. While recent studies are showing that many men enjoy so called "chick flicks" as much as women do, I can't in all honesty say that gentlemen might enjoy this sugary sweet picture. "Music and Lyrics" is the story of a has-been British 80's popstar (Grant) and a quirky former writer (Barrymore) who may be the key to the hero's second chance at stardom. Fans of the 80's styling of Duran Duran and George Michael will agree with me when I give this chemistry-filled date movie a B.

After treating yourself to a romantic comedy, I recommend drowning yourself in some beautiful music. I first heard the haunting, soothing, intensely candid song "Breathe Me" on the "Six Feet Under" soundtrack. Fans of that show will remember it was playing over the closing scenes of the series finale. The song is the work of Sia (pronounced See-ah), an Australian songstress whose latest album is titled "Colour the Small One". In "Breathe Me" she pleads in a raw, yet appealing voice, "Be my friend/ hold me, wrap me up/ unfold me/ I am small and needy/ warm me up and breathe me." It is a must have for any music collection. You

can see the highly original and inventive video at the artist's website, [www.siamusic.net](http://www.siamusic.net).

All of the women in these bits of media are strong in some way or another. Though comic books have long been considered a man's arena, there must also be a small population of female fans. I was unable to find a good and accurate statistic relating to women readers, but as a female fan of comics and heroes myself, I know others do exist. I also believe more comic companies are trying to target women. Case in point, the long-time member of the Avengers (Marvel Comics), Carol Danvers, aka Ms. Marvel, finally got her own solo comic of the same name about a year ago. Though I felt the comic lacked good supporting characters, few comic books focus so intently on a female lead. I especially cannot think of another, which features a heroine shopping and gabbing with a friend a la "Sex and the City" and then later beating up an alien invader that same day. I did sort of enjoy the way Ms. Marvel almost seems aware of herself. She's the only comic hero I know of who references having a publicist. The ironic thing is she may need one not only within the story, but without, if the comic is to survive. Even female readers may be turned off by how overly feminist the character can seem at times.

Sasha's Weekly Top 5 (Special Women's Edition)

- 5. Avril Lavigne's new music video "Girlfriend"
- 4. Nelly Furtado's new single "Say it Right"
- 3. The "Music and Lyrics" soundtrack
- 2. Lena Headey as Queen Gorgo in "300"
- 1. Kate Mulgrew as the mother of the Donnelly clan on NBC's "The Black Donnellys"

There's one week left in Women's History Month. Help me write my next column. Email me at [sasha.mcbrayer@us.army.mil](mailto:sasha.mcbrayer@us.army.mil) and tell me which women's performance this week in movies, television, or music stood out the most for you. Be sure to write "A&E" in the subject line.